

National Diabetes Education Program  
Managing Diabetes Podcast: Haywood  
Podcast Transcript

HAYWOOD: I noticed I constantly had to use the men's room at night time and so I didn't know what was going on. I was constantly thirsty all the time, so that kind of alarmed me. When I was refereeing a basketball game one time, I went over to the score board and I couldn't see the score board. So I really got scared at that time.

One of the changes that I made was in the morning time; I get up early in the morning and I get on my treadmill for about 20 minutes in the morning. Then at night I get on my treadmill again for another 30 minutes. I watch what I eat now, I try to stay away from fried foods, I try to stay away from a lot of breads, I try to stay away from a lot of macaroni and cheese. I try to watch [what I eat] and I read labels a lot. I'm a label reader now, so when I go to the grocery store I want to see how many carbohydrates [are in the item I'm buying] and the sugar level. And my family's a label reader now because on my wife's side her father was a diabetic as well. So we try to just eat right and try to exercise a lot more now. And now I try to get my rest as well.

One of the hardest things for me is I like fried chicken. I try to stay away from the fried chicken right now and I try to do everything grilled. Because the exercise part is easy since I'm a physical education teacher, the exercise part came very easy. And plus I referee college basketball, so I got my exercise by running up and down the floor. But the hardest thing for me is staying away from the fried chicken.

Some advice that I would give to a person who has just been diagnosed with diabetes is make some small changes as far as your eating habits.